CHECKLIST

Your shame recovery checklist

- [ ] Name the shame out loud to one person you trust
- [ ] Challenge one absolute thought shame is telling you
- [ ] Take one small action towards repair this week
- [ ] Attend or research one support group meeting
- [ ] Start a daily routine that includes one moment of self-care
- [ ] Note one thing you are proud of each evening
- [ ] Call the National Gambling Helpline if you need to talk